

|| gaNapati atharvasheersha upanishat ||

(shree gaNesha atharvasheersham)

om bhadram karNebhih shruNuyaama devaaha | bhadram
pashyemaakshabhiryajatraaha | sthiraairangai stushTuvaagm sastanoobhihi | vyashema
devahitam yadaayuhu | svasti na indro vRuddhashravaaha | svasti nah pooshaa
vishvavedaaha | svasti nastaarkshyo arishTanemihi | svasti no bRuhaspatirdadhaatu ||
om shaantih shaantih shaantihi |||

om lam namastey gaNapataye | tvameva pratyaksham tattvamasi | tvameva kevalam
kartaa~si | tvameva kevalam dhartaa~si | tvameva kevalam hartaa~si | tvameva sarvam
khalvidam brahmaasi | tvam saakshaadaatmaa~si nityam || 1 ||

rutam vachmi | satyam vachmi || 2 ||

ava tvam maam | ava vaktaaram | ava shrotaaram | ava daataaram | ava dhaataaram |
avaanoochaanamava shishyam | ava pashchaattaat | ava purastaat | avottaraattaat |
ava dakshiNaattaat | ava chordhvaattaat | avaadharaattaat | sarvato maam paahi paahi
samantaat || 3 ||

tvam vaangmayastvam chinmayaha | tvamaananda mayastvam brahmamayaha | tvam
sachchidaanandaa adviteeyo~si | tvam pratyaksham brahmaasi | tvam jnaanamayo
vijnaanamayo~si || 4 ||

sarvam jagadidam tvatto jaayatey | sarvam jagadidam tvattastishThati | sarvam
jagadidam tvayi layameshyati | sarvam jagadidam tvayi pratyeti | tvam
bhoomiraapo~nalo~nilo nabhaha | tvam chatvaari vaakpadaani || 5 ||

tvam guNatrayaateeta ha | tvam avasthaatrayaateetaha | tvam dehatrayaateetaha |
tvam kaalatrayaateetaha | tvam moolaadhaarasthito~si nityam | tvam
shaktitrayaatmakaha | tvaam yogino dhyayanti nityam | tvam brahmaa tvam
vishNustvam rudrastvam indrastvam agnistvam vaayustvam sooryastvam
chandramaastvam brahma bhoorbhuvah svarom || 6 ||

gaNaadim poorvam ucchaarya varNaadim stadanantaram | anusvaarah parataraha |
ardhendulasitam | taareNa ruddham | etattava manusvaroopam | gakaarah
poorvaroopam | akaaro madhyamaroopam | anusvaarashchaantyaroopam |
binduruttararoopam | naadah sandhaanam | sagmhitaa sandhihi | saishaa
gaNeshavidyaa | gaNaka rushihi | nichRudgaayatreecChandaha | gaNapatirdevataa |
om gam gaNapataye namaha || 7 ||

ekadantaaya vidmahey vakratunDaaya dheemahi |
tanno dantih prachodayaat || 8 ||

ekadantam chaturhastam paasham ankushadhaariNam |
radam cha varadam hastair bibhraaNam mooshaka dhvajam |
raktam lambodaram shoorpa karNakam rakta vaasasam |
rakta gandhaanu liptaangam rakta pushpaih supoojitam |
bhakta anukampinam devam jagat kaaraNam achyutam |
aavirbhootam cha srushTyaadau prakruteh purushaatparam |
evam dhyaayati yo nityam sa yogee yoginaam varaha || 9 ||

namo vraatapataye | namo gaNapataye | namah pramathapataye | namaste~stu
lambodaraaya ekadantaaya vighnanaashiney shivasutaaya varadamoortaye namaha ||
10 ||

phalashruti

etad atharvasheersham yo~dheetey sa brahmabhooyaaya kalpatey | sa
sarvavighnairna baadhyatey | sa sarvatah sukhamedhatey | sa panchamahaapaapaat
pramuchyatey | saayamadheeyaano divasakrutam paapam naashayati |
praataradheeyaano raatrikrutam paapam naashayati | saayam praatah prayunjaano
paapo~paapo bhavati | sarvatraadheeyaano~pavighno bhavati | dharma artha kaama
moksham cha vindati | idam atharvasheersham ashishyaaya na deyam | yo yadi
mohaad daasyati sa paapeeyaan bhavati | sahastraavartanaadyam yam
kaamamadheetey tam tamanena saadhayet || 11 ||

anena gaNapatim abhishinchati sa vaagmee bhavati | chaturthyaamanashnan japati sa
vidyaavaan bhavati | ityatharvaNa vaakyam | brahmaadyaavaraNam vidyaanna bibheti
kadaachaneti || 12 ||

yo doorvaankurair yajati sa vaishravaNopamo bhavati | yo laajair yajati sa yashovaan
bhavati | sa medhaavaan bhavati | yo modaka sahasreNa yajati sa vaanChita phalam
avaapnoti | yah saajya samidbhir yajati sa sarvam labhatey sa sarvam labhatey || 13 ||

ashTau braahmaNaan samyag graahayitvaa soorya varchasvee bhavati | sooryagrahey
mahaanadyaam pratimaa sannidhau vaa japtvaa siddha mantra bhavati | mahaa
vighnaat pramuchyatey | mahaa doshaat pramuchyatey | mahaa pratyavaayaat
pramuchyatey | sa sarva vidbhavati sa sarvav idbhavati | ya evam veda | ityupanishat ||
14 ||

om shaantih shaantih shaantihi ||